

SCREENING & INITIAL MANAGEMENT OF DIABETIC MICROALBUMINURIA AND NEPHROPATHY

Begin screening 12 years of age and over with no overt renal disease: Do annual random urinalysis for protein*

Negative

- Spot test for microalbuminuria
- If positive, do albumin/creatinine ratio (A/C)
- If A/C <30, repeat UA in 1 year

**A/C \geq 30
2 out of 3
times in 3
months**

Microalbuminuria established

Positive

- Quantitate proteinuria
- Check serum creatinine
- Do creatinine clearance

**Abnormal
results**

Overt nephropathy established

**Begin
treatment**

Optimize Glucose Control
Glycosylated Hemoglobin
Goal: <7%

Start ACE Inhibitor

Optimize BP Control
Goal: \leq 135/85

**If creatinine is \geq 1.5 mg/dl for women
or \geq 1.8 mg/dl for men, refer to
nephrologist and/or
renal team**

***The following conditions may result in false positive proteinuria or microalbuminuria: exercise within 24 hours, infection, fever, congestive heart failure, marked hyperglycemia, and marked hypertension. If any of these conditions are present, repeat the urinalysis for protein or microalbuminuria after the condition has resolved; then proceed with the algorithm according to the results of the repeated test.**

To be used in conjunction with the Basic Guidelines for Diabetes Care, developed by the DCC and DCP, 1999.
Available by fax (916) 324-7764 or phone (916) 445-2547.

RECOMMENDATIONS FOR GLYCEMIC CONTROL **

Biochemical Index	Normal	Goal	Action Suggested
Fasting/preprandial glucose	<110 mg/dl	80 to 120 mg/dl	<80 or >140 mg/dl
Bedtime glucose	<120 mg/dl	100 to 140 mg/dl	<100 or >160 mg/dl
Glycosylated hemoglobin	<6%	<7%	>8%

****These values are for nonpregnant adults. "Goals" and "Action Suggested" depend on individual patient circumstances. Such actions may include enhanced diabetes self-management education, co-management with a diabetes team, referral to an endocrinologist, change in pharmacological therapy, initiation or increased SMBG, or more frequent contact with the patient. HbA1c is referenced to a nondiabetic range of 4.0-6.0% (mean 5.0%, SD \pm 0.5%).**

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